

# Self-Confidence and Modulation of Performance Anxiety Through Simulation-Based Learning



Myhal  
School of Nursing

Dr. Holldrid Odreman<sup>1</sup> PhD, RN; Christian Baltus<sup>2</sup> Bkin; Brayden Robichaud<sup>2</sup>

<sup>1</sup>Nursing Faculty; <sup>2</sup>Research Assistant

Myhal School of Nursing, Bachelor of Science in Nursing Program

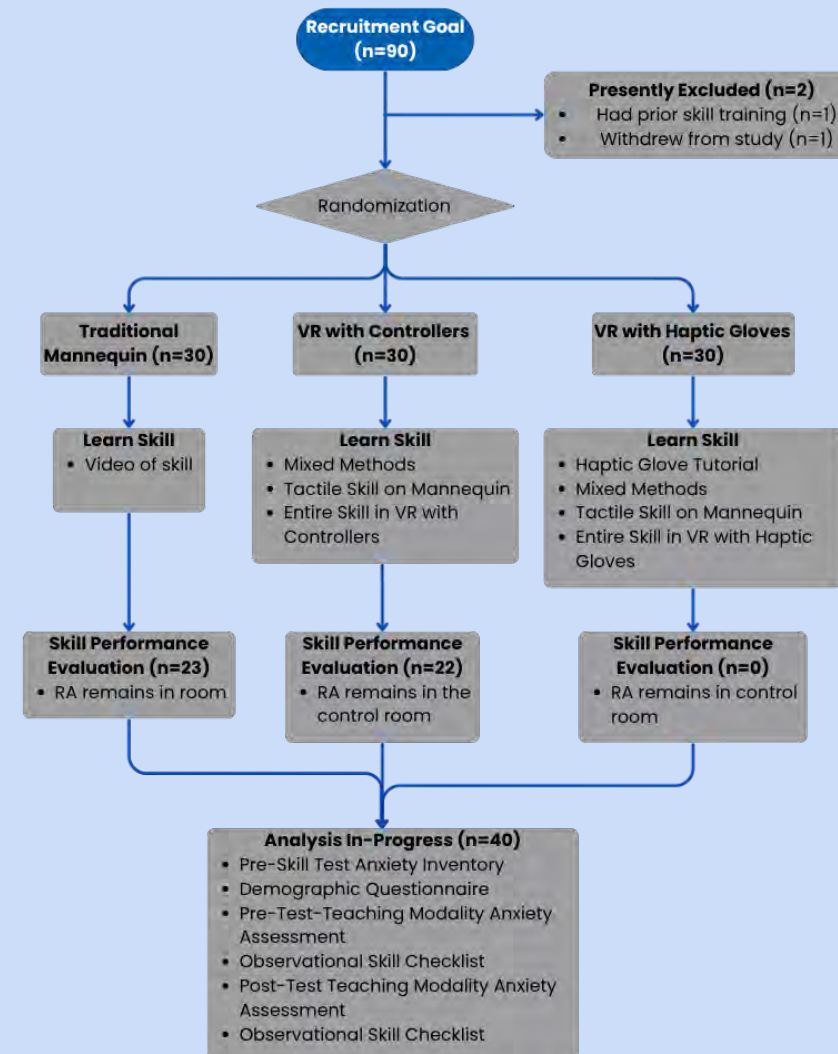


## Introduction

- Nursing students face stress during clinical training.
- Study uses randomized controlled trial methodology.
- Simulation training includes VR and haptic gloves.
- Attentional Control Theory guides the framework.
- Research compares anxiety across training methods.

## Methods

- Sample includes ninety nursing student participants.
- Data collection spans May to December 2025.
- Study compares simulation and traditional training methods.
- Foley catheter insertion is experimental procedure.
- Statistical tests include ANOVA and regression analysis.



## Results (in-progress)

- Group 1 (Haptic Gloves) expected highest confidence and reduction in performance anxiety.
- Group 2 (VR Controllers) expected moderate anxiety improvement.
- Control group expected least performance change.
- Immersive training enhances attentional control effectively.
- Data collection and analysis in progress.

## Discussion

- Study explores simulation's effect on confidence.
- Anxiety reduction linked to attentional control.
- Training methods impact student performance outcomes.
- Findings may improve nursing education programs.
- Goal is enhancing student well-being, psychological safety, and competence.



**Dr. Holldrid Odreman** PhD, RN  
Principal Investigator  
hodreman@niagaracollege.ca



**Christian Baltus** Bkin  
Co-Investigator  
cbaltus@niagaracollege.ca



**Brayden Robichaud**  
Research Assistant  
brobichaud5@ncstudents.niagaracollege.ca



## References

- Onieva-Zafra MD, Fernández-Muñoz JJ, Fernández-Martínez E, et al. Anxiety, perceived stress and coping strategies in nursing students: a cross-sectional, correlational, descriptive study. BMC Med Educ. 2020;20:370. doi: 10.1186/s12909-020-02294-z.
- Eysenck MW, Derakshan N, Santos R, Calvo MG. Anxiety and cognitive performance: attentional control theory. Emotion. 2007 May;7(2):336-53. doi: 10.1037/1528-3542.7.2.336. PMID: 17516812.

